

# BDS Newsletter ©

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## SPRING INTO FUN OUTDOOR ACTIVITIES

We have many to-do lists in life. There is a list for work, a list for the kid's school and play dates, and even a list for our pets. There is one list that is never complete. It is written well, pinned to the refrigerator, and copied to Notes on your phone. You know what list I am referring to. The activity lists you write every Spring promise to give you some "me-time." You remember what "me-time" is. It's that time you set aside for yourself. I'm talking about that "me-time" that will allow you to exercise or take a long walk. The following link will give you some "me-time" ideas. <https://www.realsimple.com/work-life/entertainment/spring-activities>



## ARE YOU EATING THE CORRECT FOODS?

Are you eating the foods that will sustain you for a long and healthy life? How do you know? I see so many videos on Facebook that speak to healthy eating. There's one I particularly like that talks about eating the right fruit to keep you hydrated. He says grapes, strawberries, watermelon, et al., hydrate you more than water. He also said water doesn't hydrate you. I'm not writing his name on purpose. Many claims made on Facebook may or may not be accurate. So I decided to provide you with a professional opinion about food and nutrition. That way, I'm off the hook. Check out the link below from HelpGuide.org. They will guide you through the fundamentals of healthy eating. <https://www.helpguide.org/articles/healthy-eating/healthy-eating.htm>

# RESET YOUR CLOCK



## How About A Mental Health Checkup

You may visit the doctor for regular body checkups, but what about your mind? Everyone deals with tough times, but even happy events like a new job, a marriage, or a baby can add stress.

How do you know when stress starts taking a toll on your mental health? If you have any of these five symptoms for over a few weeks, it may be time for a mental checkup.

<https://www.webmd.com/mental-health/features/time-mental-health-checkup>

## What Is Relaxation to You

There's no doubt that today's modern lifestyle can be stressful. Between work, family, and social obligations, it can be hard to make time for yourself. There's no doubt that today's modern lifestyle can be stressful.

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<https://www.healthline.com/health/stress/how-to-relax#Why-relaxing-is-so-important>